

# **Paradise Valley Community College**

## **Student Life & Leadership Low Ropes/Teambuilding**

### **Reflection Assignment**

*This is a suggested assignment for classes after completion of the Low Ropes/Teambuilding course.*

1. What type of communication styles/techniques did you notice from your group while on the low ropes course? Give specific examples of each style.
2. What did you notice about your communication during the activities? What inner dialog did you have with yourself? Explain what you thought in comparison with what you did or communicated to the group.
3. How well did you or the group deal with each task? Did you stay focused and committed to each goal? How did you deal with failures or successes differently?
4. How well did people listen to one another? What happened when you were not able to use verbal communication?
5. Did you make suggestions or stand out in your group? Why or why not? Give specific examples.
6. What stood out to you in the activities as it relates to your life? College? Explain.
7. What was your overall experience? Give specific examples and/or observations.